

SOAR Student Training Progress Week 21- 5 Mile Bench, 15 Mile Hill Repeats

| Student / WK 21 | 21-Feb | 23-Feb | 25-Feb | Total Miles Weekly | Total Miles YTD | Total Miles Owed | Average Training Time / WK | Wkly Min / Mile | YTD Min / Mile |
|--------------------------|---------|---------|---------|--------------------|-----------------|------------------|----------------------------|-----------------|----------------|
| Beckwith,Joel | 0:36:55 | 0:43:20 | 2:27:00 | 24.0 | 323.2 | | 1:15:45 | 09:28 | 08:32 |
| Carrroll-Tramble, Kamari | 0:48:52 | 0:57:37 | 3:31:30 | 24.0 | 324.7 | | 1:46:00 | 13:15 | 11:54 |
| Castano, Peter | 0:30:47 | 0:36:50 | 2:03:20 | 24.0 | 323.6 | | 1:03:39 | 07:57 | 07:49 |
| Chavarin, Robert | 0:33:49 | 0:57:17 | 3:11:56 | 24.0 | 310.6 | | 1:34:21 | 11:48 | 08:36 |
| Chavez, Andy | 0:33:30 | 0:42:55 | 2:49:52 | 24.0 | 335.7 | | 1:22:06 | 10:16 | 09:35 |
| DeLapaz, Carlos | 0:34:01 | 0:44:13 | 3:11:56 | 24.0 | 330.7 | 5 UP | 1:30:03 | 11:15 | 10:21 |
| Diaz, Miguel | 0:33:30 | 0:57:17 | 2:08:12 | 24.0 | 325.7 | | 1:13:00 | 09:07 | 08:36 |
| Estrada, Aimee | 0:45:14 | 1:04:09 | 3:15:58 | 24.0 | 325.2 | | 1:41:47 | 12:43 | 12:18 |
| Ford, Elizabeth | 0:37:55 | 0:52:55 | 2:49:18 | 24.0 | 324.7 | | 1:26:43 | 10:50 | 10:04 |
| Garcia, Dale | 0:45:09 | 1:49:15 | 3:20:25 | 28.0 | 300.4 | 5.0 | 1:58:16 | 12:40 | 11:55 |
| Green, Hannah | 0:39:33 | 0:47:30 | 2:49:18 | 24.0 | 324.7 | | 1:25:27 | 10:41 | 08:41 |
| Hoglo, Wyatt | 0:32:40 | 0:43:25 | 2:39:00 | 24.0 | 333.7 | | 1:18:22 | 09:48 | 08:50 |
| Ibarra, Mario | 0:49:05 | 1:41:00 | 3:31:30 | 28.0 | 328.7 | | 2:00:32 | 12:55 | 12:21 |
| Javier, Alexandra | 0:34:40 | 0:56:58 | 3:18:20 | 24.0 | 324.7 | | 1:36:39 | 12:05 | 10:25 |
| Lagunas, Jocelyn | 0:34:15 | 0:47:50 | 2:45:10 | 24.0 | 319.6 | 2 UP | 1:22:25 | 10:18 | 09:44 |
| Lima, Mariah | 0:37:01 | 0:45:44 | 2:32:13 | 23.0 | 309.1 | | 1:18:19 | 10:13 | 10:53 |
| Loth, Brooke | 0:41:05 | 0:46:58 | 3:18:20 | 24.0 | 336.9 | | 1:35:28 | 11:56 | 11:06 |
| Kuhlman, Kevin | 0:32:04 | 0:40:18 | 2:19:34 | 24.0 | 329.7 | 4 UP | 1:10:39 | 08:50 | 08:09 |
| Mansur, Alexis | 0:39:58 | | 3:24:07 | 19.0 | 316.7 | 8.0 | 2:02:03 | 12:51 | 11:14 |
| Pachucka, Daria | 0:40:05 | 0:50:25 | 2:58:25 | 24.0 | 325.7 | | 1:29:38 | 11:12 | 10:07 |
| Purser, Michaela | 0:40:01 | 0:51:27 | 3:10:23 | 24.0 | 337.7 | 2 UP | 1:33:57 | 11:45 | 11:13 |
| Seifert, Angelica | 0:39:55 | 0:49:50 | 3:06:15 | 24.0 | 324.7 | | 1:32:00 | 11:30 | 11:13 |
| Sequeira, Syria | 0:38:28 | 1:34:10 | 3:49:01 | 24.0 | 341.7 | | 2:00:33 | 15:04 | 11:06 |
| Spiker, Joshua | 0:29:43 | 0:32:28 | 1:53:33 | 24.0 | 323.7 | | 0:58:35 | 07:19 | 07:28 |
| Steffy, Laura | 0:49:10 | 3:08:40 | 3:23:00 | 29.0 | 327.5 | 1.0 | 2:26:57 | 15:12 | 11:49 |
| Vazquez, Valeria | 0:51:00 | 1:04:35 | 3:42:00 | 24.0 | 324.7 | | 1:52:32 | 14:04 | 12:16 |
| Zamudio, Sarah | 0:34:21 | 0:49:50 | 3:13:00 | 24.0 | 325.7 | | 1:32:24 | 11:33 | 09:53 |
| Ziamba, Matthew | 0:45:14 | 1:04:09 | 3:15:58 | 24.0 | 309.7 | | 1:41:47 | 12:43 | 12:05 |

1) Final Team 2017 Qualifier! 10th Annual SOAR 20 Miler and Taco Fiesta! Saturday March 4th! Meet at PJHS 6am!

2) Thanks for making SOAR's 7th Annual MARDI GRAS MADNESS a TREMENDOUS SUCCESS!! WWW.MGM5K.COM

3) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, March 2nd at coaches discretion to participate in the SOAR 20!!

4) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Twitter @SOAR_SC

5) Proper nutrition and maintaining your recovery regiment is CRITICAL from this point forward!! 80-100 oz of Water per day!!!